

TECHNICAL AND TACTICAL TRAINING OF VOLLEYBALL PLAYERS

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Abstract:

The article examines and analyzes the technical and tactical training of volleyball players.

Keywords: volleyball, tactics, strength, agility, examples, stretching, jump.

Introduction

The increased interest in finding effective means of pedagogical influence on the child's body is mainly due to two groups of factors: on the one hand, the child's body is most susceptible to various external influences, on the other hand, it is at this stage that the basis for almost all the characteristics of an adult is laid. If we take into account the fact that the motor activity of children is both a condition and a stimulating factor for the development of intellectual, emotional and other spheres, then the need for intensive development of issues of improving motor activity in school-age children becomes obvious [1].

As a result of the analysis of the Federal State Educational Standards, it was established that at school age it is extremely important to develop all physical qualities in a complex. At this agedevlopment is observed in all spheres of life. First of all, the basic psychophysiological functions are improved, various motor skills and physical qualities are developed, such as agility, speed, endurance, flexibility, strength, balance. In the future, these qualities are the basis on which more complex movements are superimposed [2].

By physical qualities and abilities we mean a set of basic qualities and abilities of a child, with the help of which the level of physical development of the child can be determined. First of all, the physical qualities of a child are determined by the morphofunctional development of the body and the characteristics of biochemical metabolism in the body. The main characteristics include: the constitution of the body, the functional state of organs and organ systems and the body as a whole. The constitution of the body is characterized by a number of characteristics: physique, height, weight, body circumference and other indicators. Motor function determines the level of development and formation of the body's motor qualities [1].

One of the most effective means of physical development and education of a child is volleyball. Volleyball is a collective outdoor sport. It contributes not only to the complex physical development of the body, but also to the mental development and socialization of the child. Competitive activity is especially effective in this sense.



Competitive activity is an important characteristic of volleyball as a sport and is its most important characteristic. Competitive activity requires a careful approach and serious preparation. Preparation is carried out year-round, consisting of a pre-competition and competition period. The most important component of pre-competition and competitive preparation of volleyball players is technical and tactical preparation.

Principles of organizing technical and tactical training of volleyball players

Competitive activity is characterized by multiple indicators, which can be used to determine the effectiveness of both one athlete and the team as a whole. These indicators are unique criteria for an athlete's actions. Therefore, taking into account these actions allows not only to reflect and restore the process of competition and the behavior of the athlete and team, but also to plan and adjust further preparation.

It is known that improving the training process management system based on the objectification of knowledge about the structure of competitive activity and preparedness, taking into account the general patterns of development of sportsmanship in a chosen sport, is one of the promising directions for improving the system of sports equipment [4, 5, 8].

In the work of E. Yu. Doroshenko 2006 It is noted that in the structure of control of competitive activity, the main functions are assessment of the execution of mastered movements, mastery of individual, group and team actions in attack and defense, the effectiveness of application of what has been learned in the process of competitive activity of volleyball players. No less important components are the analysis and interpretation of quantitative and qualitative indicators obtained in the process of competitive activity [12].

Sports technique is the conscious, purposeful performance by an athlete of movements and actions aimed at achieving a certain effect in competitive activity [21].

In every sport, including volleyball, there is a standard of the most advanced technique. This standard (as a basis) is taught to students.

In the theory and practice of volleyball, a certain classification of playing techniques has developed, consisting of parts that interact with each other.

According to the target attribute of organizing actions, the playing technique is divided into attack technique and defense technique [10].

Attack technique includes movement technique (stands and types of movements) and ball possession technique (serves, passes for an attacking strike, attacking strikes and interruptions).

Racks – acquiring readiness to move and return to the starting position to perform a technique.

Types of stands: stable and unstable. Depending on the upcoming actions, the player performs a stance that is rational for a certain type of activity. The following position is typical for stands: one leg in front, the other slightly behind, the body is slightly tilted forward, the forearms are bent at the elbow joints, the palms of the hands are at waist level, the legs are crossed [18].

Moving – choosing a place to perform a technique. The serve is a means of putting the ball into play and a means of attack. According to research, the “net” gain from serves is 7–10%, while difficulty in receiving the ball from a serve occurs in 35–60% of cases.



Top pass of the ball. A pass (when implemented tactically as a second pass) is a technical technique by which the ball is directed above the top edge of the net to perform an attacking shot.

An offensive strike (OU) is a technical tactical technique that involves hitting the ball with one hand to the opponent's side above the top edge of the net.

Defense technique. The defensive actions of volleyball players consist of movement techniques, stances and ball handling techniques (receiving the ball after serving, from attacking attacks and blocking).

A block is a defensive technique used to block the path of the ball flying after the enemy's attacking actions, using raised arms above the top edge of the net.

The basic principle of organizing technical and tactical training is that it is necessary not only to improve the technique and tactics of playing the game, but also to comprehensively develop all physical qualities and motor skills. Basic motor qualities - agility, speed, flexibility, balance, eye, strength, endurance. With any type of movement, motor qualities and their complex are manifested. However, one of the main types of movement, which is the leading one, is of primary importance. When running short distances, speed develops; when running long distances, endurance develops. As a result of long and high jumps, strength and endurance, as well as speed, are developed. Despite the fact that the main attention should be paid to the development of agility, speed, flexibility, balance, we should not forget about the uniform development of strength and endurance.

Agility is understood as a person's ability to quickly master new movements, as well as adapt to changing environmental conditions in the shortest possible time [12]. Agility develops as a result of systematically performing new exercises, using new and varied equipment and equipment. As a result of the development of dexterity, the plasticity of the nervous system significantly increases, coordination of movements improves, and the ability to further master new and complex types of movement appears. With the help of dexterity, a child acquires the ability to perform a wide variety of movements in changing environmental conditions. It is necessary to perform exercises aimed at abruptly switching from one type of movement to another. The movements are not predetermined, they are performed as quickly as possible, immediately. In this case, there is a need to quickly solve a number of motor problems, as well as combine one's actions with the actions of one's comrades.

By agility we mean a physical quality that arises as a result of performing exercises, the main task of which is a sharp change in movement technique.

Speed is a person's ability to perform movements in the shortest possible time. Speed easily develops in older preschool age, since this period is characterized by high plasticity of the nervous system and the relative ease of formation and restructuring of conditioned connections. Exercises aimed at acceleration, speed, and changing tempo are highly effective.

Highly effective are outdoor games in which children are forced to perform exercises at the highest possible speed, for example, the need to run away from another player, to catch up with another participant. Also used are exercises such as running to the finish line, using the slowest



running pace, the fastest possible, and the average. Exercises are used aimed at the joint development of strength and endurance, for example, jumping, throwing, throwing while throwing.

By eye we mean the child's ability to determine distance using vision and muscle sensations. The eye develops when performing any exercises and types of movements. It is important to pay attention to the correct execution of the exercises: correct foot placement when walking, maintaining direction. When jumping, the ability to hit the board with your foot is used. It is important that when pushing off, the child follows the chosen direction and lands in the right place [17]. Also, with the help of an eye meter, the child acquires the ability to determine by eye the distance between participants. Exercises aimed at measuring distance by eye play an important role. Also, using an eye meter, the distance between objects and distances is measured.

By flexibility we mean the ability to achieve a maximum amplitude of movement of individual parts of the body in a certain direction. Flexibility depends on many parameters: the condition of the spine, joints, ligaments. Muscle elasticity is also important to maintain flexibility. The development of flexibility is facilitated by exercises aimed at increasing the range of motion. General developmental movements also contribute to the development of flexibility [17].

By balance we mean a person's ability to maintain a stable position while performing various movements and poses. Balance exercises are performed on a reduced surface or on a surface raised above the ground. Thanks to balance, the child acquires the ability to move indoors and outdoors smoothly, without coming into contact with other objects, without touching them. Also, with the help of balance in the future, a person has the opportunity to cope with various types of work that require balance.

The ability to maintain balance is directly affected by the state of the vestibular apparatus. Also, balance depends on the state of all systems, on the location of the general center of gravity. When performing exercises, the center of gravity shifts, and children easily lose their balance. Therefore, it is necessary to make efforts to restore the desired body position.

Balance may also change when performing exercises on a reduced or elevated surface. Balance also develops when performing exercises that require significant effort and maintaining a stable position.

By force we mean the degree of muscle tension as a result of their contraction. Muscle strength can be developed by increasing the weight of objects. The following exercises are effective: jumping, overcoming resistance, pair exercises. A medicine ball, sandbags, and fitballs are used. It is necessary to use exercises aimed at the extensor muscles. Taking into account the anatomical and physiological characteristics of preschool children, one should not strive to achieve maximum results. The standards for long and high jumps should also not exceed the norm. Excessive loads can have a negative effect on the skeletal system and the condition of internal organs. The intensity of the exercises must be maintained. Physical activity should gradually increase, the mass of objects should also gradually increase.



By endurance we mean a person's ability to perform physical exercise. The development of endurance is facilitated by a large number of repetitions of the same exercise. The load should not be monotonous, as in this case fatigue occurs. Dynamic exercises are highly effective.

Thus, when organizing technical and tactical training of volleyball players, comprehensive technical and tactical training is necessary, and it is also important to ensure the child's full and comprehensive development of basic physical qualities.

Features of technical and tactical training of volleyball players in the pre-competition period

In the pre-competition period, it is necessary to organize an educational and training process aimed at improving the technical and tactical skills of volleyball players. In the pre-competition period, it is necessary to pay special attention to improving such elements as:

- striking movements (serve and attacking strikes);
- jumping on a block;
- jumping for an attacking strike;
- jumping when throwing, moving, falling.

One of the most important physical qualities of a volleyball player is strength [9]. To develop strength, they use various exercises with weights, to overcome their own weight (squats, hanging pull-ups, push-ups, jumping, etc.), with a partner, and special volleyball exercises with weights. It is recommended to develop strength using resistance - strength exercises [10].

Sample exercises for developing strength:

Exercises with weights:

1. barbell press;
2. barbell jerk;
3. bending over with a barbell;
4. squats with a barbell on the shoulders;
5. throwing (pushing) weights (stones, weights, cannonballs, medicine balls);
6. exercise with a kettlebell (juggling, bench press, snatch);
7. exercises with weight plates (bends forward, sideways, etc.).

When performing volleyball exercises with weights, it is necessary to pay attention to maintaining technique, and when performing exercises without weights, to improving it.

Another important property is the jumping ability of a volleyball player. The development of jumping ability occurs in several stages. The development of jumping ability should begin with the development of muscle strength and the speed of contraction of muscle fibers. In the future, it is necessary to ensure parallel development of strength and speed of development. To achieve this, various techniques are used, including weight-bearing exercises. Squatting and carrying a load are used. Jumping exercises with and without weights play an important role. Exercises aimed at developing playing technique are also used.

Special speed is also required. The special speed of a volleyball player means the ability to move on the court. In this case, it is necessary to move in a minimum period of time and with



maximum energy costs. Speed manifests itself in three main forms [13]: extreme, special speed and speed of movement.

By extreme speed we mean the maximum speed at which individual movements can be performed. It is developed in the process of performing speed and strength exercises. Speed of movement is developed directly during the game. Also, to develop speed of movement, it is necessary to perform athletics exercises and basic game exercises.

The special endurance of a volleyball player includes speed, jumping and game endurance. Special endurance is determined by the level of development of general endurance and the preparedness of the musculoskeletal system.

Jumping endurance means the ability to repeatedly repeat jumping playing techniques. Gaming endurance refers to a person's ability to play at a high pace. At the same time, there should be no decrease in functional and volitional abilities. Game activity implies the full development of not only the specific qualities of a volleyball player, but also the development of the general physical fitness of a volleyball player.

As the game progresses, the volleyball player must maintain a high level of functional ability. This is precisely one of the main factors in the development and successful implementation of a full set of game, tactical, and technical means of playing the game.

To ensure jumping agility, it is necessary to use special exercises aimed at developing special agility. Exercises for developing jumping agility should be used at the beginning of the main part of the lesson.

Volleyball also requires special flexibility. To develop special flexibility, exercises are used that are performed regularly during classes. A prerequisite is to perform stretching exercises. It is important to maintain the range of motion. First of all, it is important to observe the condition under which the range of movements in the exercises should be significantly greater than when performing the technique itself.

Features of technical and tactical training of volleyball players during the competitive period

Training and competitive preparation is a period of year-round training when athletes are preparing for the main competitions of the season. During this period of preparation, it is necessary to improve technique, achieve maximum performance of the body, and develop the ability to exert great stress necessary for competitions. It is important to gradually achieve fitness and regularly participate in competitions. [6]

These tasks are resolved by improving technique and constant control over your movements. When organizing the process of learning to play volleyball, an important role is given to the structure of competitive activity and the correctness of its organization. In this case, it is necessary to take into account the factors that determine the effectiveness of organizing gaming and competitive activities in volleyball. It is necessary to highlight several basic provisions and take them into account when teaching volleyball.



The basis of volleyball as an active game sport is gaming activity. It is competitive in nature. This type of competitive activity can be characterized as competitive confrontation, strictly regulated by a special code of rules [22].

Gaming activities are characterized by constantly changing conditions of struggle on the court. This is primarily due to the fact that the actions of each player individually and the team as a whole are under constant control of the opponent. At the same time, team members are in constant alert due to the fact that the opponent is constantly trying to destroy the defense and carry out an attack. Also, the opponent always strives to impose his game plan, to build a position of attack and defense in a form convenient for him. This requires increased dexterity, attention, and tone on the part of the players.

An important feature of volleyball is the need for quick reactions, quick decision-making in constantly changing conditions. A volleyball player must simultaneously analyze and take into account many factors: the location of the players on the court (both his own players and the players of the opposing team are taken into account). It is also necessary to take into account the position of the ball, try to predict the actions of the opponent and partners, and unravel the concept of the game.

It is important to be able to quickly respond to changes in the current situation and make decisions on the most optimal course of action. It is also important to be able to develop a game plan and execute it in a timely, quick and effective manner.

In a fast-paced game, the degree and urgency of problem solving plays an important role. These indicators, in turn, depend on the speed of the players' actions. The collective nature of the players' actions depends primarily on the coherence of the team and partnership. The collective nature of the game determines the requirements for organizing the game. Mandatory conditions for successful gaming activities are mastery of playing techniques and individual tactics. Sufficient physical fitness, both general and special, is also necessary. All this contributes to the successful and effective playing of the game, but is not the main and only guarantee of success.

It is important to regulate the system of relationships and interactions in the team. We should not forget that volleyball is a team sport and the success of the game depends primarily on how well the contact is built between individual players within teams, between different teams and in the team as a whole [20].

It is necessary to take into account the peculiarities of the structure of competitive gaming activity, which is largely formed through competitive actions - technical techniques and tactical actions. Elements of competitive activity must be performed regularly and repeatedly, and applied during competitions. This allows you to achieve high sports results. The optimal combination of two factors is the player's motor potential and a rational structure of movements. With this combination of factors, even a single attempt contributes to the effective consolidation of the result and its reliable fixation.

Tactical actions are no less important in volleyball. Tactical actions mean the form of implementation of the technical and physical potential of an athlete in a specific activity. In the



case of volleyball, the specific activity is gaming. It is also important to correctly implement the competitive component in this type of activity. It is necessary to take into account the fact that the competition consists of several games and lasts several days. The specifics of volleyball are reflected in the very name of the game. If we consider the etymology of the word, we can note the following: “will” translated from English means “on the fly”, “bol” means “ball” [23]. The essence of the game is that all technical techniques are performed while briefly touching the ball with your hands. This entails the need for athletes to develop striking techniques during movements. Taking into account the specifics of competitive activity, it is worth noting the range of factors that influence the effectiveness of competitive gaming activity.

Let's consider the main factors that contribute to the successful conduct of gaming and competitive activities in volleyball:

- equipping athletes with technical techniques and tactical actions (arsenal of techniques and tactics);
- “applicability” of the technical and tactical arsenal (the ability to use learned techniques and tactical actions in games and competitions);
- efficiency (wins, mistakes) of gaming actions;
- mastery of performing the game function;
- activity (“aggressiveness”, creativity) in the game - taking into account the chosen tactical plan and compliance with game discipline;

Thus, the specifics of the game determine the following main directions of the volleyball teaching methodology [24]:

1. Development in students of the ability to coordinate their actions taking into account the direction and speed of the ball (differentiation of spatio-temporal relations).
2. Development of special physical qualities, mainly the strength and speed of muscle contraction, on which mastery of the ability to accurately determine the moment of actual impact with the hands on the ball depends.
3. Development of the speed of complex reactions, visual orientation, observation and other qualities that underlie tactical abilities.
4. Mastery of a wide arsenal (set) of technical and tactical actions necessary for successful play of the game.

Thus, it can be noted that volleyball is a very specific game that has its own characteristics. These features determine high requirements for the training of volleyball players. These requirements are not limited to physical fitness alone.

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